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FOUR-YEAR COURSE IN ATHLETIC COACHING

Department of Athletic Coaching and Physical Education
College of Education

Circular of Information

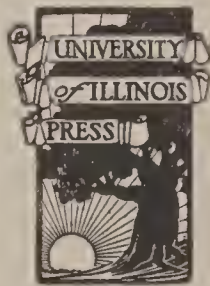


PUBLISHED BY THE UNIVERSITY OF ILLINOIS
URBANA

University of Illinois

DEPARTMENT OF ATHLETIC COACHING
AND PHYSICAL EDUCATION
COLLEGE OF EDUCATION

Circular of Information



URBANA, 1919

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CALENDAR

First Semester, 1919-1920

Sept. 22, 23, Mon., Tues. Registration Days.

Sept. 24, Wed., 3 a. m. Instruction begun.

Oct. 4, Sat., 5 p. m. Latest date for rebate in full and for change of study-list without fee.

Nov. 27, Thurs. Thanksgiving Day.

Dec. 3, Wed. Illinois Day.

Dec. 22, Mon., 11 a. m. Holiday recess begun.

Jan. 5, Mon., 1p. m. Instruction resumed.

Jan 29, Thurs. Semester examinations begun.

Feb. 5, Thurs. Semester examinations ended.

Second Semester, 1919-1920

Feb. 9, 10, Mon., Tues. Registration Days.

Feb 11, Wed., 8 a. m. Instruction begun.

April 1, Thurs., 11 a. m. Easter recess begun.

April 6, Tues., 1 p. m. Instruction resumed.

June 3, Thurs., 8 a. m. Final examinations begun.

June 10, Thurs. Final examinations ended.

June 16, Wed. Forty-ninth Annual Commencement.

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COLLEGE OF EDUCATION

DEPARTMENT OF ATHLETIC COACHING AND PHYSICAL EDUCATION

EDMUND JANES JAMES, Ph.D., LL.D., *President of the University*¹
DAVID KINLEY, Ph.D., LL.D., *Acting President of the University*
WERRETT WALLACE CHARTERS, Ph.D., *Dean of the College of Education*
GEORGE A. HUFF, B.S., *Head of the Department*
CHARLES MAXWELL McCONN, A.M., *Registrar*

STAFF OF INSTRUCTION

GEORGE A. HUFF, B.S., *Baseball*
HARRY L. GILL, *Track and Field Athletics*
RALPH R. JONES, *Basketball and Training*
ROBERT C. ZUPPKE, Ph.B., *Football*
ARTHUR J. SCHUETTNER, E.G., *Physical Education and Gymnastics*
JOHN L. GRIFFITH, A.B., *Organization and Management*
GEORGE CLARK, B.S., *Football, Basketball, and Baseball*
EDWIN J. MANLEY, *Swimming*
ERVIN A. KNOTH, G.G., *Physical Education*
DAVID M. BULLOCK, *Training and Massage*

¹On leave of absence.

GENERAL STATEMENT

Purpose

It is the aim of the department of athletic coaching and physical education of the College of Education to provide a course of study in physical education and coaching which conforms in principle and organization to the other departments of teaching. It offers a four-year course of study, leading to the degree of Bachelor of Science. It is planned to prepare its graduates to fill acceptable positions as athletic directors, gymnasium directors, and coaches of athletic teams in secondary schools and colleges. It is a new departure in academic instruction in that it recognizes courses in physical education and coaching as a major offering for an academic degree.

History

This four-year course is an outgrowth and development of the idea which characterized the School of Athletic Coaches which has been a part of the Summer Session of the University of Illinois since 1914. At the time of the establishment of this School, a survey of the various schools for physical training and coaching in the country indicated that the coaching of the major college and high-school sports was in most instances a minor part of the curriculum of these schools, which laid stress upon instruction in non-competitive athletics. It was believed that there was a field for a school which could offer authentic instruction in the coaching of the popular competitive sports.

This belief has been justified. The School has completed five successful seasons. Its registration increased from 127 in 1914 to 198 in 1916. In 1917, despite the conditions which caused a general reduction in attendance in all institutions and the uncertainty regarding the national attitude toward athletic competition, the registration was forty-nine. In 1918, when conditions were even more abnormal there were sixty-seven students.

The School was a pioneer in its primary design to instruct men who desired expert and practical knowledge of the best method of coaching the most popular competitive sports in universities, colleges and high schools—football, baseball, track and field athletics, and basketball.

The demand for trained athletic directors in schools and colleges, together with the opening of a demand for such instructors in industrial plants, municipal playgrounds, and recreation clubs, cannot be adequately met, either in extent or nature, by summer courses or short-term schools alone. The need is for men of character and standing as well as athletic ability who have determined upon coaching as a profession and life work and who also have grasped the theory and spirit of broad cultural and scientific education.

The Demand

One of the results of our country's preparation for its part in the great war has been a general awakening of interest in the practical value of formal physical training of young men. Major John L. Griffith, Executive Officer, Athletic Division of the United States Army, makes the following comment on the army's experience:

"The need of more physical education for the young men of military age in the United States has been strikingly illustrated by figures taken from the Provost Marshal General's report on the draft. Few people realized before this report was made public that in a number of states in the Union, over 40 per cent of the men examined were physically unfit for military service, and that 30 per cent of the men examined in the United States were phys-

ical rejects. While some of those rejected had defects which were not remediable, yet in the large majority of cases, the men could have been made fit to fight had they received proper physical education in the schools. In Illinois, 28,999 men were rejected as physically unfit. 72.63 per cent of the total men examined in Illinois were accepted; in other words, one out of every four men examined by the draft boards in Illinois was rejected as physically unfit for military service.

"Of the men accepted, a large number were physically untrained, and a great deal of time was lost in the military preparations incident to the great war in building up the bodies of these citizen soldiers as a basis for the military training which followed. Some of the physical efficiency tests given in the army show the need of special physical training. In one camp only 50 per cent of the men tested could run the 100-yard dash in 14 seconds; 36 per cent of the men taking the test qualified in the high jump of four feet; 22 per cent qualified in the running broad jump of 14 feet. In another camp in a standing broad jump test over a 6-foot trench, 20 per cent of the 6,000 men taking the test failed to jump the distance and fell in the trench. Frequently, men who have had but little physical training in school and college, and who were not even rated as good class athletes, were the outstanding stars in the company athletic meets.

"It is the concensus of opinion of army officers that athletically trained men were conspicuously successful in the fighting game. One regimental commander who saw extended service on the fighting line stated that to the best of his knowledge, not a single athlete in the service had failed, but rather had, in practically every case, made a glorious record.

"Because of the physical lessons of the war, attention is now being directed to remedial legislation. A bill has recently been introduced in Congress which provides in general for subsidizing physical education in the several states. It further provides for research and physical education including health education, recreation, and sanitation, and authorizes an appropriation of \$20,000,000 to encourage the states in the promotion of physical education and instruction in the principles of health and sanitation, and for providing school nurses, school dental clinics, and otherwise promoting physical and mental welfare. In addition, thirteen states have passed legislation making physical education compulsory in the public schools, and other states are considering similar legislation. In addition to these legislative provisions other bills have been prepared which will probably be introduced in the present session of Congress. All of them look toward a greater development of the general scope of physical education in the nation, and provide for Federal assistance.

Schools and colleges have undertaken the work of physical education with new plans and greater energy, and a large number of cities have made plans for improving their facilities and programs for physical recreation and training.

"If these various plans are to succeed, and if the proper instruction in physical education is to be given in the United States, greater emphasis must be laid upon the training of men and women as physical educators. At present there are in round numbers, approximately 5500 men and women in this country trained to instruct in physical education, while a comprehensive program of physical education would require at least over 60,000 trained men and women in physical education.

"The National Collegiate Athletic Association, recognizing this, has recently adopted the following recommendation:

'II. The committee recommends the vigorous pushing of the resolution on the training of physical education teachers in college and high school circles. The resolutions adopted were as follows:

The National Collegiate Athletic Association, through its executive committee, recognizing the accelerated interest in physical education in the legislatures, due to the rejection for military service of one-third of the drafted men and the marked leadership of the physically efficient men in the army, and realizing that an educated teaching force is a fundamental requirement of a practical physical education program, and that the American Physical Education Association is the national organization for promoting teacher training for physical education, requests that the American Physical Education Association put on at this time an extra campaign for the securing and training of teachers.'

"Instructors in physical education will find more opportunities and inducements in their profession in the future than ever in the past. Schools and colleges, industrial plants, the army, boys' clubs, athletic clubs, and associations are asking for men and women specially trained as physical education teachers."

The New Department

The University of Illinois has recognized the nature and extent of the demand for qualified coaches by incorporating coaching and kindred courses into a department of the College of Education. A curriculum has been outlined, consisting partly of technical courses and partly of cultural and scientific courses, which leads to a degree of Bachelor of Science. The entrance requirements for this curriculum are uniform with the standard requirements for entrance to other departments of the University.

Methods of Instruction

Instruction combines classroom work, lectures and quizzes, with intensive training on the gymnasium floor and the playing fields. Students enrolled in the courses are expected not only to master the theory and technic of the games, but also to acquire some skill in playing them. During the senior year opportunity will be given in practise courses for actual coaching work in connection with some of the intra-mural teams of the University.

In addition to the practise prescribed in the various courses, actual playing experience on the Varsity athletic teams is possible for those students who are eligible and qualified for the Varsity in intercollegiate competition. The practise work in the coaching courses, however, will be additional to and separate from the Varsity team practise, and will be given at a different time and place.

The University of Illinois Athletic Record

Two valuable assets of the young coach are his reputation as an athlete and the reputation of the coaches under whom he received his training, either as an athlete or a prospective coach.

The University of Illinois is well fitted to offer coaching instruction, by reason of its coaching personnel and the favorable position which it holds in the Western Conference.

Intercollegiate competition among the ten universities of the Western Conference comes up to a very high standard. The quality of play in the major sports and the records in track competition compare favorably with other parts of the country. In basketball, the Conference has advanced far ahead of other districts. Under the control of a representative faculty council, the Conference has long since taken the lead among American Universities in setting up safeguards against the encroachment of detrimental influences and conditions in the intercollegiate field.

The record of the University of Illinois in the Western Conference may briefly be summarized as follows:

Baseball. Illinois won the Conference championship in 1900, 1902, 1903, 1904, 1907, 1908, 1910, 1911, 1914, 1915, and 1916, tied for first place in 1909, and in other years was invariably the runner-up. In 1902, Coach Huff's team played an eastern schedule, defeating Yale, Princeton, West Point, and Pennsylvania, losing to Harvard 2-1. In 1910, the Illinois team won every game it played. In 1911, it lost one out of fifteen games; in 1915 and in 1916, one game each year was lost. Of the Conference games which it has played, 282 in number, it has won 215, lost 66, and tied one.

Basketball. Before the coming of Ralph Jones as coach in 1913, Illinois had had little success in basketball. In 1914 it was second in the Conference rating. In 1915, it was champion. In 1916, it tied for second place. In 1917, it tied for first place. In 1918 and 1919, the showing was fair.

Track. Illinois has won the Western Conference Intercollegiate outdoor meet four times and in two other years has led the Conference universities when an outside team won first honors—a record of Conference supremacy in the big meet in six out of fifteen years. In 1918, Illinois placed second, and in 1919, third, in this meet. Of the eight indoor Conference meets which have been held, Illinois has won three.

From 1906 to 1915, Illinois lost only one outdoor dual meet. Of the 41 outdoor dual meets, Illinois has won 34 and lost 7. Of the 31 indoor dual meets, Illinois has won 24, lost 5, and tied 2.

Football. Before the coming of Robert Zuppke as football coach in 1913, the best record of the Illinois football team was a tie with Minnesota for the championship in 1910. In 1914, with a famous team, Illinois won the Conference championship, defeating Indiana, Ohio, Northwestern, Chicago, Wisconsin, and Minnesota. In 1915 it tied for the championship with Minnesota. In 1916, it defeated Minnesota's famous team, which otherwise would have tied with Ohio for the championship. In 1917, it was defeated only by Ohio and Minnesota. In 1918, it won the championship, not being scored upon by a Conference team.

Four Championships at One Time

In 1915, the University of Illinois athletic teams in football, baseball, track and field athletics, and basketball were the undisputed champions of the Western Intercollegiate Conference. The baseball and track championships had been won in 1914. The football team had established a clean-cut title to first honors the same year. The basketball team followed by winning every one of its twelve games and was awarded the 1915 championship.

This record was without parallel in the history of intercollegiate athletics and it may never be duplicated.

The Coaching Staff

GEORGE A. HUFF, B.S., *Director of Physical Education for Men*
ROBERT C. ZUPPKE, Ph.B., *Assistant Professor in Physical Education*
JOHN L. GRIFFITH, A.B., *Assistant Professor in Physical Education*
HARRY L. GILL, *Associate in Track Athletics*
RALPH R. JONES, *Associate in Basketball*
ARTHUR J. SCHUETTNER, E.G., *Associate in Physical Education*
GEORGE CLARK, B.S., *Associate in Baseball and Football*
EDWIN J. MANLEY, *Instructor in Swimming*
ERVIN A. KNOTH, G.G., *Assistant*
DAVID M. BULLOCK, *Assistant*

The nucleus of the instructional staff in coaching courses is the group of coaches who have been responsible for the record of the Illinois athletic teams. To these have been added Major Griffith, at the end of the war executive officer of the athletic division of the U. S. Army, and Lieutenant Clark, an Illinois graduate, who was perhaps the most notable athlete in the competitive games of the American Expeditionary Forces.

Director Huff has been on the coaching staff of Illinois athletics since 1895. He was a student in the University and its academy during the period 1887-93. During the year 1894-95, he was a student in the Dartmouth medical college. In both colleges he played baseball and football. In 1895 he was made director of athletics and coach of football and baseball in the University. Since 1901 he has been director of physical training for men.

During this time he has determined the athletic policy of the University, and has established its enviable record in competition and its good name in sportsmanship. Along with his duties as director he has been the baseball coach, and since 1895, with the exception of one season, has been in charge of the baseball team.

Mr. Gill, track coach, is a former champion. In 1900 he won the amateur all-round championship of America at Boston. In 1903 he won the professional all-round supremacy. At one time he held the world's record in the discus. He established marks of 145 feet in the hammer throw, 45 feet in the shot put, high jump 6 feet 2 inches and ran the high hurdles in :16.

He was track coach at Beloit College in 1902-1903. In 1904 he came to the University of Illinois.

Mr. Zuppke, football coach, was graduated from the University of Wisconsin in 1905. He made the freshman football team, but was too light for the varsity. He served three grueling years as a substitute player. He was a member of the Wisconsin basketball team which won the Conference championship in 1905.

From 1906 to 1913 he was in the Muskegon and Oak Park high schools as coach and teacher of history. At both schools he had championship football teams. During his three years at Oak Park the football team lost only one game, the first one played after his arrival. In 1912 it won the national championship. He came to the University of Illinois in 1913.

Mr. Jones, basketball coach, began coaching basketball teams in 1901. In Indianapolis, he coached the Shortridge high-school team and the Y. M. C. A. team. Both were state champions for the next three years in their respective classes. During five years as coach at Wabash College, his team lost but five games. It defeated such teams as Illinois, Purdue, Indiana, Minnesota, and Notre Dame. In 1906, it defeated Yale 24-8. In 1907, Columbia, national champions, was defeated twice by Wabash.

From 1910-12, he coached at Purdue. His team won fourth place in the Conference in 1910, tied for first place in 1911, and won the championship in 1912. He came to Illinois in 1913.

Mr. Schuettner, director of the Men's Gymnasium, is a graduate of the Normal College of Physical Education of Indianapolis. He was formerly supervisor of physical training and athletics in the public schools of Buffalo, N. Y. At St. Louis in 1914, he won the all-around gymnastic and athletic championship.

Mr. Schuettner has organized and developed successfully mass athletics at the University of Illinois.

Major Griffith was graduated from Beloit College in 1902. From 1902 to 1905, he was director of athletics at Yankton College, South Dakota; from 1905 to 1908, he was director of athletics at Morningside College, Iowa. In 1908, he became director of athletics at Drake University, retaining this position for ten years. In 1916, in addition to this position he was

made dean of men, and in the absence of the president acted in his place. He founded and managed the Drake relay meets.

In August, 1917, he entered the army service as Athletic Director, Camp Dodge, Iowa. He served there a year and had charge of the organized recreation for the thirty thousand men stationed at the camp. In August, 1918, he was ordered to Camp Gordon to help establish a school of physical training and bayonets. In September, he was ordered to Camp Pike to take charge of a similar school there. On January 11, he was ordered to Washington to become executive officer of the Athletic Division of the War Department Commission on Training Camp Activities.

Lt. Clark was graduated from the University of Illinois in 1916. He played quarter-back on the championship football team of 1914, and was named All-Western quarter-back. He was a hard-hitting outfielder on the championship baseball teams of 1915 and 1916. Upon graduation, he joined the coaching staff of Kansas University. In May, 1917, he entered the First Officers' Training Camp, and was commissioned a lieutenant, being assigned to the 89th Division. He played on the football team of this division in this country in 1917, and in France in 1918. His team won the championship of the A. E. F. in a memorable game on March 29, 1919, at the Veleldrome field, Parc des Princes. The New York Herald (Paris Edition) said on its report of this game, "The individual honors of the day go principally to George ("Potsy") Clark, who scored both touchdowns and kicked both goals and shone brilliantly throughout the game." Clark also played on the baseball team of the 89th Division, which won the A. E. F. baseball championship.

Mr. Manley, swimming instructor, came to the University in 1912, after some experience as swimming coach in athletic clubs. His swimming teams have made good records and have enjoyed one western championship. Mr. Knoth is a graduate of the Normal College of Physical Education of Indianapolis. Mr. Bullock is trainer of the athletic teams of the University.

Admission

Admission requirements for the coaching course are uniform with the general requirements for admission to other departments of the University.

The credits required for admission may be secured:

- (a) By certificate from an accredited high school.
- (b) By examination.
- (c) By transfer from another institution of recognized standing.

A candidate for admission by **certificate** must be a **graduate** of an accredited high school or other accredited school.

An applicant who has not been graduated from an accredited school must pass entrance examinations in the following subjects, amounting to 5 units:

English composition	1 unit
Algebra	1 unit
Additional subjects to be designated by the University authorities.....	3 units
Total.....	5 units

The remaining 10 units necessary to make up the 15 units required for admission may also be made in entrance examinations or may be offered by certificate from any accredited school.

Fifteen units of high-school or other secondary-school work, in acceptable subjects (see Lists A, B, C below), must be offered by every candidate.

Units Prescribed for All Curriculums—

Of the 15 units required, the following 6 units, constituting List A, are prescribed for admission to the freshman class in all the undergraduate curriculums of the University, and no substitutes are accepted.

LIST A		Units
English (composition and literature).....		3 units
Algebra		1 unit
Plane geometry.....		1 unit
Physics, or chemistry, or botany, or zoology, or physiology, or physiography, with laboratory work.....		1 unit
Total.....		6 units

Electives from List B—

Enough electives must be chosen from List B below to make, with the subjects prescribed for all curriculums (List A) a total of 12 units.

LIST B		Units
Latin	36 to 144 weeks	1-4
Greek	36 to 108 weeks	1-3
French	36 to 144 weeks	1-4
German	36 to 144 weeks	1-4
Spanish	36 to 144 weeks	1-4
Italian	36 to 72 weeks	1-2
Norwegian	36 to 72 weeks	1-2
Swedish	36 to 72 weeks	1-2
Polish	38 to 72 weeks	1-2
English (4th unit).....	36 weeks	1
Advanced algebra	18 or 36 weeks	$\frac{1}{2}$ -1
Solid geometry	18 weeks	$\frac{1}{2}$
Trigonometry	18 weeks	$\frac{1}{2}$
History	36 to 144 weeks	1-4
Civics	18 or 36 weeks	$\frac{1}{2}$ -1
Economics and economic history.....	18 or 36 weeks	$\frac{1}{2}$ -1
Commercial geography.....	18 or 36 weeks	$\frac{1}{2}$ -1
Astronomy	18 weeks	$\frac{1}{2}$
Geology	18 or 36 weeks	$\frac{1}{2}$ -1
Physiography	18 or 36 weeks	$\frac{1}{2}$ -1
Physiology	18 or 36 weeks	$\frac{1}{2}$ -1
Zoology	18 or 36 weeks	$\frac{1}{2}$ -1
Botany	18 or 36 weeks	$\frac{1}{2}$ -1
Physics	36 to 72 weeks	1-2
Chemistry	36 to 72 weeks	1-2

Additional Electives: List C—

The remaining 3 units may be chosen either from List B above or List C:

LIST C ¹		Units
Agriculture	36 to 108 weeks	1-3
Bookkeeping	36 weeks	1
Business law	18 weeks	$\frac{1}{2}$
Commercial arithmetic (taken after algebra and plane geometry)	18 weeks	$\frac{1}{2}$
Domestic science	36 to 72 weeks	1-2
Drawing, art and design.....	18 or 36 weeks	$\frac{1}{2}$ -1
Drawing, mechanical	18 or 36 weeks	$\frac{1}{2}$ -1
Manual training ²	36 to 72 weeks	1-2
Music	36 to 72 weeks	1-2
Shorthand and typewriting	36 or 72 weeks	1-2

A person who has been admitted to another college or university of recognized standing will be admitted to this University upon presenting a certificate of honorable dismissal from the institution from which he comes and an official statement of the subjects upon which he was admitted to such institution, provided it appears that the subjects are those required here for admission by examination or real equivalents. No substitutes will be accepted for the subjects prescribed for all colleges.

¹The subjects named in List C must be taught in accordance with specifications which are set forth in the High-School Manual. Further information may be had on application to the High-School Visitor.

²In giving credits for manual training the University specifies that the work is to be done by competent teachers, as determined by inspection, and that credit shall not exceed one unit for 360 forty-minute periods of work, including the necessary drawing and shop work.

Persons over twenty-one years of age may be admitted as special students, provided they secure (1) the recommendation of the instructor whose work they wish to take, and (2) the approval of the dean of the college concerned. They must give evidence that they possess the requisite information and ability to pursue profitably, as special students, their chosen subjects, and must meet the special requirements of the particular college in which they wish to enroll.

A special student is not matriculated and must pay a tuition fee of \$7.50 a semester in addition to the regular incidental fee of \$15.00 a semester.

No one may enroll as a special student in any school or college of the University for more than two years, except by special permission, application for which must be made through the dean of the college.

In addition to the required scholastic requirements for entrance, each applicant must meet the following physical requirements:

1. A medical examination.
2. A general physical efficiency test. This test consists in trials in running, jumping, etc., to determine athletic aptitude. It may be waived in part in the case of applicants of previous athletic experience who have been partially disabled since.

Qualifications

The four-year course in coaching should be attractive to high-school graduates who have some ability in athletics and who desire to enter the profession of coaching. No young man should consider entering the course unless he feels that he possesses the qualities of character and personality which are expected in those men who are entrusted with the welfare and education of boys and young men. The mental work both in the technical and the elective courses will have to be of the quality expected in other departments. The physical effort in the practise work will be exacting and will necessitate regular habits and careful attention to health and physical condition.

It cannot be too strongly emphasized that the students enrolled in this department who expect encouragement in their courses and recommendation upon graduation will have to be of a superior type of manhood, both physically and ethically.

Only Freshman Courses Given in 1919-20

During the year 1919-20 only the first-year courses will be offered.

Applicants for admission by certificate from an accredited school should send the certificate, properly filled out and certified to by the principal of the school, to the Registrar as soon as possible after the close of the school year in June.

Requirements for Graduation

The degree of Bachelor of Science is conferred upon any student who satisfactorily completes the curriculum prescribed by the department of athletic coaching.

A total of 136 hours is required for graduation.

Prescribed subjects	94 hours
Group electives in history, and political and social science	6 hours
Electives approved by the department	36 hours
	136 hours

University Fees

Tuition Fee. Tuition is free both to residents and non-residents of the State.

Matriculation Fee. All students, except those holding scholarships, on first satisfying the requirements of admission to the University pay once a matriculation fee of \$10.

Incidental Fee. All students, excepting those holding scholarships, pay each semester an incidental fee of \$15.

Laboratory Fees. Each student working in laboratories, shops, or coaching courses, is required to pay in certain courses a fee varying from \$0.50 to \$10.00.

The following fees are required in freshman coaching courses: 30, \$1; 40, \$1; 50, \$3.

Locker Fee. A fee of \$1 a semester is charged for the use of a locker in the Men's Gymnasium.

Status of Students

The status and privileges of students in this department are the same as in other departments of the University.

General Information

All prospective students should apply to the Registrar of the University for a copy of the **Annual Register**, which gives information in detail about all of the departments and activities of the University.

Particular inquiries about the coaching courses may be addressed to Mr. George A. Huff, Men's Gymnasium.

Inquiries regarding self-help for students should be addressed to the Employment Bureau, Y. M. C. A.

A helpful book for new students, **Facts for Freshmen concerning the University of Illinois**, may be obtained by addressing the Dean of Men, 152 Administration Building.

CURRICULUM IN COACHING

The program of instruction is designed to occupy the normal student four full years. The elementary courses are offered in the first year. Advanced courses are offered when prerequisite courses have been taken.

No student in the University may register for fewer than 15 hours or for more than 18 hours a semester without the consent of the dean of his college. Prescribed work must be taken as early in the curriculum as possible.

Only the first year curriculum is offered in 1919-20.

In the first year, 8 hours of courses in physical education are prescribed. Three hours in Rhetoric 1 and 2, required of all freshmen, are prescribed. Military drill and tactics courses, also required of all freshmen and sophomores, are prescribed. Thus time is left for one or two active courses.

In the advanced years there are fewer prescribed courses and more time left for electives.

All electives must be approved by the head of the department.

First Year

First Semester		Second Semester	
	Hours		Hours
*A. C. 20—Field and Track (3 hrs. prac., 1 hr. theory).....	2	A. C. 21—Field and Track (3 hrs. prac., 1 hr. theory).....	2
A. C. 30—Football (9 hrs. prac., 1 hr. theory, 1st half sem.).....	2	A. C. 50—Baseball (6 hrs. prac., 1 hr. theory)	3
A. C. 40—Basketball (9 hrs. prac., 1 hr. theory, 2nd half sem.).....	2	A. C. 14—Hygiene.....	3
A. C. 60—Swimming (6 hrs. prac.)... 2		Rhetoric 2—Rhetoric and Themes....	3
Rhetoric 1—Rhetoric and Themes....	3	Military 2a—Military Drill.....	$\frac{1}{2}$
Military 1a—Military Drill.....	$\frac{1}{2}$	Military 2b—Military Theory.....	$\frac{1}{2}$
Military 1b—Military Theory.....	$\frac{1}{2}$	Electives	3- 5
Electives	3- 5		
Total.....	15-18	Total.....	15-18
		*Athletic Coaching.	

Second Year

The curriculum for the second year will not be offered in 1919-1920

First Semester		Second Semester	
A. C. 3—Free exercise (6 hrs. gym., 2 hrs. theory).....	4	A. C. 51—Baseball (3 hrs. prac.).....	1
A. C. 31—Football (9 hrs. prac., 1 hr. theory, 1st half sem.).....	2	A. C. 13—Anatomy.....	3
A. C. 41—Basketball (9 hrs. prac., 1 hr. theory, 2nd half sem.).....	2	A. C. 5—Anthropometry.....	2
A. C. 12—Physiology.....	4	A. C. 4—Apparatus, elementary (3 hrs. prac., 1 hr. theory).....	2
Military 3a—Military Drill.....	$\frac{1}{2}$	Military 4a—Military Drill.....	$\frac{1}{2}$
Military 3b—Military Theory.....	$\frac{1}{2}$	Military 4b—Military Theory.....	$\frac{1}{2}$
Electives	2- 5	Electives	6-11
Total.....	15-18	Total.....	15-18

Third Year

The curriculum for the third year will not be given in 1919-1920

First Semester		Second Semester	
A. C. 7—Boxing (3 hrs. gym. prac.).	1	A. C. 32—Football (Theory 2 hrs.)..	2
A. C. 8—Wrestling (3 hrs. prac.)....	1	Education 50 (Baseball) — Baseball Coaching (6 hrs.).....	2
A. C. 6—Games and Swedish Gymnastics (3 hrs. gym., 1 hr. theory)....	2	A. C. 10—School-room Gymnastics (1 hr. theory)	1
A. C. 9—Orthopedics (2 hrs. theory). 2		A. C. 61—Swimming (3 hrs. prac.)..	1
A. C. 16—Training and First Aid (3 hrs. prac., 1 hr. theory).....	2	Education 10—Technic of Teaching... 3	
Education 25—Educational Psychology	3	Psychology 2.....	3
Public Speaking 1.....	2	Public Speaking 2.....	2
Electives	2- 5	Electives	1- 4
Total.....	15-18	Total.....	15-18

Fourth Year

The curriculum for the fourth year will not be given in 1919-1920

<i>First Semester</i>	
Education 50 (Football)—Coaching (12 hrs. 1st half Sem.).....	2
Education 50 (Basketball)—Coaching (12 hrs. 2nd half Sem.).....	2
A. C. 17—Organization and Administration of Physical Education.....	3
Psychology 9.....	2
Electives	5- 8
Total.....	15-18

<i>Second Semester</i>	
A. C. 11—Physiology of Exercise....	3
A. C. 15—Playgrounds (2 hrs. theory, 3 hrs. prac.).....	3
Education 50 (Track)—Coaching (6 hrs. prac.).....	2
Education 6—Principles of Secondary Education	3
Electives	4- 7
Total.....	15-18

DESCRIPTION OF COURSES

ATHLETIC COACHING

3. Free Exercises.—Free exercises with and without hand apparatus, including gymnastic marching tactics. Personal proficiency in execution and exactness of form. Progression and value of system of these exercises. Use of wands, clubs, dumb bells, etc. Practise teaching. Instruction in arrangement of exhibition numbers. I; (4). (6 hrs. prac., 2 hr. theory a week.)

4. Elementary apparatus.—Simple exercises on horizontal bar, parallel bar, horse, rings, mats, etc., to be used in class or individual form. Progression and value of system of these exercises. Personal proficiency and exactness of form. Practise teaching. II; (2).

Prerequisite: A. C. 3.

5. Anthropometry.—Practise in determining normal measurements of the body, and discussion on the application of the principles of anthropometry and physical diagnosis. Testing, tabulating, and charting. Learning the exact points of measuring and the proper manner of testing the eye of the instructor. II; (2).

Prerequisite: A. C. 12.

6. Games and Swedish Gymnastics.—A practical graded course in plays and games, progressively arranged from the simple to the more highly organized group games, involving the pronounced competitive elements; planned to meet the needs of the playground, schoolroom, and gymnasium. Selection of games that will employ a large number in limited space. I; (2). (3 hrs. prac., 1 hr. theory.)

Prerequisite: A. C. 3.

7. Boxing.—Fundamentals for class or individual work. Personal proficiency. I; (1).

8. Wrestling.—Fundamentals for class or individual work. Personal proficiency. I; (1).

X 9. Orthopedics.—The theory of correction or prevention of deformities in children or persons of any age. Theory and practise; the elements of corrective gymnastics included within the scope of the physical training instructor; methods and exercises used for corrective and orthopedic purposes; types of variations from normal, and the effect of corrective exercises. Physiological effect of stomach and digestion, skin, kidneys, central nervous system, and the brain; the study of such diseases as are susceptible to treatment through prescribed gymnastics and other physical methods; consideration of best methods of physical treatment based upon previous study and experience. I; (2).

Prerequisites: A. C. 3, 4, 12, and 13.

10. Schoolroom Gymnastics.— II; (1).

11. Physiology of Exercise, and Kinesiology.—Physiology of Exercise. Consideration of organs of work, reflex and voluntary movements, local and general fatigue, breathlessness, muscle stiffness, overwork, exhaustion, etc., habituation to work, power of resisting fatigue, modifications of organs and tissue work, physiological classification of exercises, general effect of exercise, the office of the brain and nervous system in muscle work.

Kinesiology. The science of movements, considered especially as therapeutic or hygienic agencies; analysis of the movements of the body, their origin, development, and mechanism as a working basis for the selection of gymnastic exercises. II; (3).

Prerequisites: A. C. 3, 4, 12, and 13.

12. Physiology.—Blood circulation, respiration, digestion, food, nutrition, and excretion; animal heat; general plan of the nervous system, peripheral nervous system, muscles and nerves; light and vision; sound and hearing; cutaneous and muscular sense; spinal cord and brain. I; (4).

13. Anatomy.—Essentials of anatomy as related to physical education; osteology; articulations, muscles and their actions, respiration. General description of muscle, tendon, aponeuroses, fascis. Arteries and veins (principal arteries and veins of the trunk and extremities), lymphatics (general anatomy of); nervous system (general anatomy of); viscera (heart, lungs, alimentary tract, salivary glands, stomach, intestines, pancreas, liver, spleen, kidneys, pelvic organs). II; (3).

14. Hygiene.—School hygiene; lighting; ventilating; heating. Personal hygiene; sleep, diet, bathing. Sex hygiene. II; (3).

15. Playground Instruction.—Philosophy of play; organization and equipment of the playground; play and games to meet the requirements of children of all ages; simple team, group, and competitive games, and folk dancing. II; (3).

16. Training and First Aid.—Emergency treatment of common injuries. Theories of training, massage, and treatment of sprains, bruises, etc. Lectures and practical work. I; (2).

Prerequisites: A. C. 12 and 13.

17. Organization and Administration of Physical Education.—Problems in organization and administration in physical education and athletics. Study of intercollegiate, intra-mural, and mass athletics. Sportsmanship and ethics. I; (3).

Prerequisite: 5 hours credit in A. C.

20. Field and Track Athletics.—Instruction and practical demonstration in starting, springing, distance running, hurdling, high and broad jumping, pole vaulting, shot putting, hammer and discus throwing. Practical talks on the methods of preparing contestants for different athletic events; adaptation to individual peculiarities; rules of competition; study of physical condition, including endurance, speed, and fatigue, for the promotion, management, and officiating of games and meets. Lectures and practical work. I; (2). (4 hrs. a week.)

21. Field and Track Athletics.—Continuation of A. C. 20. II; (2). (3 hrs. prac., 1 hr. theory a week.)

Prerequisite: A. C. 20.

30. Football.—Practical and fundamental football taught in such a way that each student will become acquainted with all of the positions on the team. Special stress on punting, place kicking, drop kicking, goal kicking, kick-off, tackling, blocking, and interference. Offensive tactics predominate. I; (2). (10 hrs. first half sem.) Laboratory fee, \$1.

31. Football.—Practical and fundamental football. A close study of the system taught by the various coaches. Defensive tactics predominate. A special study of the forward pass, trick plays, and the necessary defense to meet these plays. I; (2). (10 hrs. first half sem.)

Prerequisite: A. C. 30.

32. Football.—The theory and art of coaching football. Study of the weaknesses and strong points of various styles of offense and defense used in different parts of the country. Special stress on generalship, signal system, scouting, and rules. The game will be studied from the coach's point of view. A lecture course. II; (2).

Prerequisites: A. C. 30 and 31.

40. Basketball.—The fundamentals of the game, such as passing, goal throwing, dribbling, turns, stops, team play, and actual competition. I; (2). (10 hrs. second half sem.) Laboratory fee, \$1.

41. Basketball.—The same will be taken up from the coaching viewpoint. The theory of coaching, handling of men, different styles of offense and defense used by the leading coaches, and experience in coaching. II; (2). (10 hrs. second half sem.)

Prerequisite: A. C. 40.

50. Baseball.—Theory and practise in batting, fielding, base-running and pitching. Special attention to fundamentals; teamwork, coaching methods, study of the rules, physical condition, methods of indoor practise. II; (3). (Theory and Prac., 7 hrs.) Laboratory fee, \$3.

51. Baseball.—Continuation of A. C. 50. II; (1). (3 hrs.)

Prerequisite: A. C. 50.

60. Swimming.—Elementary swimming and diving. Breast stroke, crawl stroke, back stroke, etc.; method of rescuing and resuscitation. I; (2). (6 hrs. prac.)

61. Swimming.—Fancy diving, speed, strokes, practise in conducting swimming meets, judging, etc. Instruction in the coaching of aquatic sports and water games. II; (1). (3 hrs. prac.)

EDUCATION

50. (Track and Field) Coaching.—Theory and practise of coaching track and field athletics. Intended to give instruction in coaching by means of practical coaching of the various intra-mural teams of the University, under competent supervision. II; (2). (N hrs. prac.)

Prerequisites: A. C. 20 and 21.

50. (Football) Coaching.—Organization and coaching of intra-mural teams of the University. Practical application of the first three years' work, supervised by an experienced coach. I; (2). (12 hrs. prac., first half sem.)

Prerequisites: A. C. 30, 31, and 32.

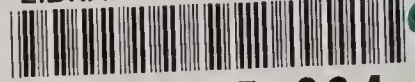
50. (Basketball) Coaching.—This course is intended to give instruction in coaching by means of coaching the intra-mural teams of the University under competent supervision. II; (2). (12 hrs. prac., second half sem.)

Prerequisites: A. C. 40 and 41.

50. (Baseball) Coaching.—This course is intended to give instruction by assigning each student to act as coach of an intra-mural team of the University, under competent supervision. II; (2). 6 hrs. prac.)

Prerequisites: A. C. 50 and 51.

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